

3:09

3:54

.....

74

E  
Ex. 1



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## What brings you here?



Answer this last question and join the 11,497 people who started therapy this week with their tailored therapist match.

Tell your therapist what's on your mind.

I'm stressed about my credit report and the consumer reporting agencies didn't fix the problem after I told them in writing.

21 words

Include everything that's been on your mind so your therapist is well-informed. If you're done, great work!

Next



3:16

10m



73



Close

E  
Ex. 2

## Results

### Patient Health Questionnaire



Based on your score, your depression symptoms may be **severe**. Please note this score is based on the PHQ-9 assessment and is not a diagnosis.

#### Next Steps:

Your score will be shared with your therapist after you are matched with one - consider discussing your results with them.

#### Completion Date

May 20, 2025

[View Assessment](#)

### Anxiety Self-Test



Based on your score, your anxiety symptoms may be **severe**. Please note this score is based on the GAD-7 assessment and is not a diagnosis.

#### Next Steps:

4:44

LTE 55

Ex. 3  
E



# \$65.00

BetterHelp  
5/20/25, 3:10 PM

**Status: Approved**

CFCU Debit Card

**Total**

**\$65.00**

[www.betterhelp.com](http://www.betterhelp.com)

Contact CFCU

For help with a charge you don't recognize or to dispute a charge, contact CFCU.

Report Incorrect Merchant Info

Wallet uses Maps to provide merchant name, category, and location for your transactions. Help improve accuracy by reporting incorrect information.

5:58

◀ Messages

LTE 39%

E  
Ex.4

## You've been matched! Meet your therapist



**Antonio Owens**  
(LPC)

### About your therapist

I am licensed in Oklahoma with 3 years of professional work experience. I have experience in helping clients with stress and anxiety, coping with addictions, coping with grief and loss, & anger management. I work with my clients to create an open and safe environment where thoughts and feelings can be shared without fear of judgment. Taking the first step to seeking a more fulfilling and happier life takes courage. I am here to support you in that process.

### Specialties

Stress, Anxiety, Addictions, Grief, Anger management, Depression

### Also experienced in:

Abandonment, Attachment issues, Communication problems, Control issues, Divorce and separation, Forgiveness, Guilt and shame, Impulsivity, Life purpose, Men's issues, Mood disorders, Panic disorder and panic attacks, [Read more...](#)

### Clinical approaches:

Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR)

### Services offered



Start setup

5:59

◀ Messages

LTE 40%

E  
Ex. 5

Step 3 of 3

## Schedule a live session



Schedule an Individual Session with your therapist.  
Sessions are usually 30 to 45 mins.

Schedule a session



7:08

7:22

89

## Therapy with Antonio Owens

6:59pm


May 23, 2025


recap.

1. You should not respond with anger or emotion. You should respond with clear thinking. When you don't think clear you make decisions without thinking about the consequence. It is normal to be upset. But do not do anything that you will regret when upset.

2. You could look at getting a lawyer that works with credit scores; they might be able to help you?


worksheet

 Worksheet: Anger Management Skills


Complete worksheet 

worksheet

7:02pm

 Worksheet: Relaxation Techniques



Complete worksheet 

Write a message...



☐ Urgent



Send



Therapy



Wellness



Schedule



Worksheets



Classes



More